



Vietnamese Salad Rolls

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



173 kcal

Ingredients

- ☐ 1 carrots julienned
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 cup hoisin sauce
- ☐ 1 cup lettuce shredded
- ☐ 8 5-inch rice wrappers (6. diameter)
- ☐ 8 ounce vermicelli
- ☐ 8 ounces shrimp cooked peeled cut in half lengthwise
- ☐ 8 servings water as needed

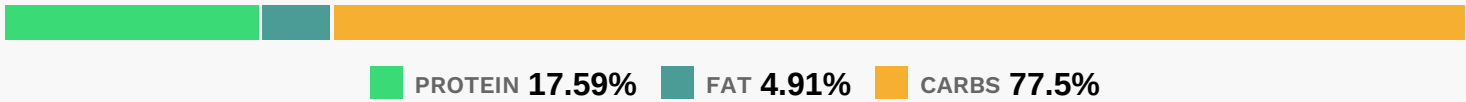
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Bring a medium saucepan of water to boil.
- ☐ Remove from heat.
- ☐ Place rice vermicelli in boiling water, remove from heat, and let soak 3 to 5 minutes, until soft.
- ☐ Drain, and rinse with cold water.
- ☐ Fill a large bowl with hot water. Dip one rice wrapper in the hot water for 1 second to soften.
- ☐ Lay wrapper flat, and place desired amounts of noodles, shrimp, carrot, lettuce and basil in the center.
- ☐ Roll the edges of the wrapper slightly inward. Beginning at the bottom edge of wrapper, tightly wrap the ingredients. Repeat with remaining ingredients.
- ☐ In a small bowl, mix the hoisin sauce with water until desired consistency has been attained.
- ☐ Heat the mixture for a few seconds in the microwave.
- ☐ Serve the spring rolls with the warm dipping sauce.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:14.2, Inflammation Score:-7, Nutrition Score:4.9304348334022%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 173.31kcal (8.67%), Fat: 0.93g (1.43%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 31.71g (11.53%), Sugar: 5.23g (5.82%), Cholesterol: 46.16mg (15.39%), Sodium: 381.84mg (16.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Vitamin A: 1359.61IU (27.19%), Manganese: 0.24mg (11.79%), Phosphorus: 116.61mg (11.66%), Copper: 0.2mg (10.18%), Selenium: 4.76µg (6.8%), Vitamin K: 6.37µg (6.07%), Magnesium: 22.09mg (5.52%), Fiber: 1.28g (5.13%), Zinc: 0.72mg (4.78%), Calcium: 41.59mg (4.16%), Potassium: 144.25mg (4.12%), Iron: 0.61mg (3.39%), Vitamin B2: 0.05mg (2.93%), Folate: 9.45µg (2.36%), Vitamin B3: 0.37mg (1.86%), Vitamin B6: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.28%), Vitamin C: 0.91mg (1.1%)